

during an outdoor sport's activity, comprising the steps of:

providing the individual with a portable recording unit containing a speedometer and a global positioning (GPS) satellite receiver;

recording the speed and the location of the individual on the route associated with the outdoor sport's activity; and

upon completion of the route, downloading the speed and the location of the individual to a computer having a display device, enabling a user to analyze the route.

<sup>21</sup>  
23. The method of claim <sup>20</sup>22, further including the steps of:  
storing a terrain map on the computer; and  
superimposing the individual's speed and location on the map for use in analyzing the route.--

Remarks

Questions regarding this application should be directed to the undersigned attorney at the telephone and facsimile numbers provided.

Respectfully submitted,

By: \_\_\_\_\_

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